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GPP CALISTHENICS SPP CALISTHENICS

In calisthenics, GPP (General Physical Preparation) builds a broad base of fitness, work capacity, and durability using basic bodyweight movements, while SPP (Specific Physical Preparation) focuses on exact target skills like a planche, front lever, or muscle-up.

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GPP Calisthenics (Building the Base)

Goal: Increase overall strength, joint health, endurance, and muscle mass.
Movements: Basic patterns like push-ups, pull-ups, bodyweight squats, dips, and planks.
Style: Higher volume, moderate intensity, shorter rest times, and fixing weak points.

GQ
+1

SPP Calisthenics (Targeted Mastery)

Goal: Learn and master high-level bodyweight gymnastics skills.
Movements: Isolations and progressions for handstands, muscle-ups, L-sits, back levers, or planches.
Style: Low repetition, high technical focus, longer rest periods to allow full nervous system recovery.

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Would you like a sample weekly training split that combines GPP and SPP for your current fitness level?

AI responses may include mistakes. Learn more

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Follow these four steps to create an effective training plan: * Step 1: Define Your Goals. Start by deciding what you want to achi...

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Yes
Here is a balanced 4-day upper/lower split that combines SPP (skill mastery) with GPP (building muscle and conditioning).
Schedule Overview
Monday: Upper Body (SPP Focus + GPP Finish)
Tuesday: Lower Body & Core (GPP Conditioning)
Wednesday: Rest
Thursday: Upper Body (SPP Focus + GPP Finish)
Friday: Lower Body & Core (GPP Conditioning)
Weekend: Rest
Upper Body Days (Monday & Thursday)
Part 1: SPP (Skill Mastery)
Warm up your wrists and shoulders thoroughly before starting.
Skill A: Handstand or Planche progression
3–5 sets × 5–10 second holds
3 minutes rest between sets (High focus, low fatigue)

Skill B: Muscle-up or Front Lever progression

3–4 sets × 2–4 explosive reps (or 5-second holds)

3 minutes rest between sets

Part 2: GPP (Strength & Muscle Base)

Move faster through these. Rest 60–90 seconds between sets.

Exercise 1: Pull-up variation (Weighted, regular, or australian rows)

3–4 sets × 8–12 reps

Exercise 2: Dip variation (Bar dips, ring dips, or pike push-ups)

3–4 sets × 8–12 reps

Exercise 3: Push-up variation (Deficit, diamond, or regular push-ups)

3 sets × AMRAP (As Many Reps As Possible)

Lower Body & Core Days (Tuesday & Friday)

Part 1: SPP (Advanced Core Control)

Skill A: Dragon Flag or L-Sit/V-Sit hold

4 sets × max time hold (aim for 10–20 seconds)

2 minutes rest between sets

Part 2: GPP (Leg Strength & Work Capacity)

Rest 60–90 seconds between sets.

Exercise 1: Pistol Squat or Assisted Single-Leg Squat

3 sets × 5–8 reps per leg

Exercise 2: Walking Lunges or Bulgarian Split Squats

3 sets × 12–15 reps per leg

Exercise 3: Glute Bridges or Nordic Hamstring Curls

3 sets × 10–12 reps

Exercise 4: Hanging Leg Raises or Ab Wheel Rollouts

3 sets × 10–15 reps

What specific calisthenics skills (like handstands, muscle-ups, or planches) are you currently trying to unlock?

AI responses may include mistakes. Learn more

T A I ' C H I" , C H U N K U K D O ,' , T A I ' C H I' , G R A C I E - D I A L P I N K B E L T J I U J I T

Ask anything

AI Mode response is ready

Ask about